



The 10-Day Green Smoothie Challenge: 27 Easy, Delicious and Healthy Smoothie Recipes to Lose 15 Pounds in 10 Days (Paperback)

By Maggie Fitzgerald

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Did you know that there's actually an easy way to make healthy eating fun? That it's possible to make vegetables taste just as good as your regular milkshake? Thankfully, there's a way to make all of this possible and it's through a regimen called the green smoothie diet. In Maggie Fitzgerald's new book, *The 10-Day Green Smoothie Challenge*, she will show how you can maintain a healthy lifestyle while satisfying your cravings for sweet delicious treats like green smoothies. Not only are these blended drinks delicious but also nutritious and easy to prepare. Fitzgerald, a nutrition health expert who studied raw green diets for many years, has learned that one of the most effective ways to make people stick to a diet is to prepare it as easy and convenient as possible. In this modern world, most people find it difficult to spend even 30 minutes in the kitchen knowing that they can just grab a meal at the nearest fast-food store. There's also the fact that not all vegetables taste great....

DOWNLOAD



READ ONLINE
[6.34 MB]

Reviews

It is fantastic and great. It is really simplified but unexpected situations from the 50 % in the ebook. I discovered this ebook from my dad and I suggested this book to learn.

-- Dr. Luna Skiles

Unquestionably, this is the best operate by any author. It is among the most amazing pdf I actually have read. Its been designed in an remarkably basic way which is just right after I finished reading this pdf by which basically altered me, change the way I believe.

-- Harold Spencer

Other Kindle Books



Learn em Good: Improve Your Child's Math Skills: Simple and Effective Ways to Become Your Child's Free Tutor Without Opening a Textbook (Paperback)

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures) (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...



Patent Ease: How to Write Your Own Patent Application (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Patent Ease! The new How to write your own Patent book for beginners! Because you are a beginner; not a...



Talking Digital: A Parent's Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their online interactions, the good and the bad,...



No Friends?: How to Make Friends Fast and Keep Them (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends ? Are you tired of not having any friend and being lonely all the time...



History of the Town of Sutton Massachusetts from 1704 to 1876 (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This version of the History of the Town of Sutton Massachusetts from 1704 to 1876 is a labor...